


LEHI SENIOR CENTER MONTHLY NEWSLETTER SEPTEMBER 2018

This newsletter will tell you about all activities at the Senior Center this month!

- To register for a class, activity, or trip... come into the Senior Center, call 385-201-1065, or email cmayberry@lehi-ut.gov.
- Pick up an **Activities & Meals Calendar** at the Senior Center to stay "in-the-know" about weekly activities and daily meals (meals must be called in by noon the day before).
- **View this newsletter online!** – visit www.lehi-ut.gov/recreation/seniors
- **Follow us on Facebook** – Search "Lehi Senior Center" and give us a "Like"! ☺ 

TRIP THIS MONTH

TRIP: Timpanogos Storytelling Festival

(Payment was due the end of August. If interested- check with a staff member to see if there are still openings or a waiting list)

Friday, September 7, 2018, 1:00 to 6:30 pm

Join us on Friday, September 7th as we attend the annual Timpanogos Storytelling Festival!

Some of the best storytellers from around the world come to share stories in the beautiful Ashton Gardens at Thanksgiving Point! In between storytelling performances, there is something to keep everyone happy - live music, pottery making, food vendors, puppet shows, and more.

We will leave the senior center at 1:00 p.m., and return around 6:30 p.m. Stories will be told outside under large, shady tents. Pick up a brochure from the senior center to learn more about which storyteller you'd like to listen to!

Price: \$10 for members, \$15 for non-members. This is a special discount, available only through the Lehi Senior Center! The ticket price includes the bus and the cost of the ticket. Bring additional money for any food or souvenir purchase on your own.



EVENTS THIS MONTH

NATIONAL SENIOR CITIZEN MONTH: CELEBRATE EVERY DAY!



September is YOUR month! And we want to celebrate with you.

Life, at ANY age, is a blessing and reason to celebrate. We find things - big and small- that we can be joyful about. Celebrate getting out of bed, making a phone call to a friend, buying a treat at the store, wearing your favorite pair of pants, having a birthday or coming to the Senior Center. During September we want to find and recognize reasons to celebrate EVERY DAY!

All month long, we will have little prizes, treats, activities, contests, crafts and more. Check out our Facebook page and stop into the Center often to see what we've got for that day. We will also have a "Celebrate Every Day" board that you can write and share your comments, blessings, good luck moments and more. Read what others are grateful for and how they celebrate. The Board will be up all month and you are encouraged to write on it every day you come to the Senior Center!

CONGRATULATIONS on being YOU! We look forward to celebrating with you!

See part of the calendar below for some examples of how we will be celebrating each day!

SEPTEMBER 2018



CELEBRATE EVERY DAY!



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
National Senior Citizen Month!: Celebrate Every Day No matter your age, we all have things to celebrate every day! Big or Small- come celebrate with us. By being yourself, celebrating helps us and others! Check out this calendar, our Facebook page or visit the Center to see how we're celebrating everyday and how you can join in the fun. We'll have prizes, games, treats, events, presentations, crafts and more!						1 What is your favorite way to celebrate? Do that and get ready for celebrations all month long!
2 Do something nice for someone else	3 Celebrate with family, BBQ's or just a nice day off	4 Carnival Games 	5 Free handmade gift 	6 Plant Pick Craft	7 Timpanogos Storytelling Festival	8 Watch your favorite movie or TV show
9 Take time to pray or meditate	10 Scooter Rodeo 	11 Bunco Bash and Games	12 "Cupcake" Walk	13 Brain Games 	14 Free give away 	15 Share a story with a family member
16	17	18	19	20	21	22

EVENT: Senior Golf Outing at Fox Hollow Golf Course



Monday, September 17th, 7:30 am- noon

FORE!!!! We are excited to head to the greens! Registration is open now for this “swinging” good time.

Ladies and Gentlemen! Join us for a Golf Outing to Fox Hollow Golf Course. You can choose if you want to play in a Scramble, or “Own Ball” play, or if you just want to putt around and practice on the driving range. There is something for all skill levels. You can play 18 holes or 9 holes. Carts are included. Grab your clubs and meet us at the course. We will tee off at 8 am with a Shotgun start. *Registration is required.*

SENIOR CENTER MEMBER PRICE: \$28/person (\$32 non-member) *special golf outing discount available through the Senior Center only*

Register now. We will meet at the golf course. We are not taking the bus. Come in to the Senior Center and speak with a staff member or call Corinne at 385-201-2349.

If you have a two-some or foursome you'd like to play with, just let us know when you register. If you don't- no problem! We'll put you with a group to play with.

SPECIAL ACTIVITIES & PRESENTATIONS



“Living With Hearing Loss”- a 6-week course

Wednesdays, September 5- October 10. 10:00-11:30 a.m.-

Adjusting to life with hearing loss can be easier when you are equipped with strategies and knowledge. This is a 6 week- course, beginning on September 5. It will be held on Wednesdays from 10-11:30 am. at the Senior Center. It is taught by the Division of Services to the Deaf and hard of Hearing.

We invite all those who are hard of hearing or late deafened and their families, co-worker and friends to register for this class and attend.

The class is free to attend for senior center members. \$5 for those who are not members.

FREE PRETZEL and PIZZA GIVEAWAYS AT THE CENTER

Mondays and Wednesdays during lunch. Do you love free things? Do you love to win? Do you love pretzels or pizza?! If you answered "YES!" to any of these questions, you are in luck! **Every Monday and Wednesday during lunch** we will be raffling off FREE Auntie Anne's Pretzels and Pizza Hut pizzas (pizzas will be frozen).



See conditions below:

- You **MUST** attend lunch in order to have your name entered into the pizza drawing. This means you **MUST RSVP for lunch by 12:00 p.m. the day before** the Raffle Day.
- No names will be entered into the raffle unless you have RSVP'd for lunch.
- The number of pretzels or pizzas raffled each week will vary.
- Raffle items may include pretzels, pretzel bites, pizzas, pasta, breadsticks, and more.
- Items will be raffled off during lunch.
- Only one name entry per person (additional entries cannot be purchased or requested).



Horseshoe Pitching Club

Come pitch with us! Join the Horseshoe Pitching Club – we meet on Wednesdays at 6pm at the Lehi Sports Park Horseshoe Pits (2000 W 700 S, Lehi, UT).

Starting in September, we will meet at 6pm, instead of 7pm because it gets dark sooner. The last club meeting will be held on Wednesday, September 26th.

This club is promoted by the Lehi Senior Center – but you don't have to be a senior to participate. The club is open for all skill level; must be 12 or older to play! (Invite your kids and grandkids!). The club is free for members of the senior center, and \$5 for non-members. Equipment will be provided. Meet at the horseshoe pits!



These will be "count-all" games. The club will be led by Roy Buhler, who helps run the National Horseshoe Pitchers Association. Come out and have a good time practicing the sport you love, or learning a brand new sport! There is room for everyone. Call Corinne at 385-201-2349 to register.

Scooter Rodeo by Alpine Medical



Monday, September 10th, 12:30 p.m.- Alpine medical will be hosting a "scooter Rodeo" here in the Senior Center. We are excited to zoom around in the equipment, test out the turns and have a fun time with prizes and people. This will be a day you don't want to miss. Make sure to call Jan by noon on September 7th, if you want to come for lunch beforehand!



BUNCO BASH & GAMES

Tuesday, September 11th, 12:30 p.m.- Sign up to join the fun of Bunco! No experience needed. This game is fun and easy to learn. We will have other games to play as well! Let Jan know if you'd like to come for lunch before the games begin. See you there.

Staying Social: How to do it right!



Friday, September 14th, 12:30 p.m.- Weston Wynn from Humana will be here to discuss Staying Social! It's important to stay social as you get older, but it isn't always easy. Learn about the benefits of staying connected to others and strategies to help you keep a healthy social life.

Humana.



Watercolor Art Class

Thursdays, September 20- October 11, 9:30 a.m. – Noon.

We are going to start a new 4-week session of watercolor painting class.

This class is for beginners and intermediates. They will be focusing on landscapes. No experience necessary. Supplies are provided and you will walk away with a finished piece each week. You must register a head of time to attend.

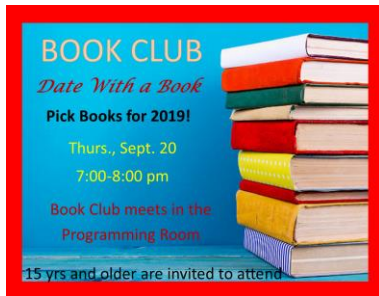


Those attending for the first time pay \$25 for the class. (Includes paint set to keep, paper, brushes, materials). Those returning students pay \$10 for supplies. Those that are not senior center members pay \$30 or \$15.

All payments need to be paid by Thursday, September 13 to keep their spot in the class. Class size is limited.

Lunch and Tour of Pointe Meadows

Thursday, September 20, 11:30 a.m. – Pointe Meadows would like to host us for lunch and take us on a tour of their facility. We will load the bus from the Senior Center and drive over for the tour and lunch. Please sign up and pay \$1 by September 14th. Fee is \$3 for non- members of the Senior Center.



Lehi City Library Book Club

We've been invited to participate in the Lehi City Library Book Club. They meet once a month on a Thursday evening to discuss different books each month. This is free to attend, no registration needed- even if you haven't read the book. For September, they will meet on Thursday, September 20th from 7-8 pm. They are discussing which books to read for the next year. You can attend and help them pick the books.

*If you are interested in starting or helping with a book club **specifically for the Senior Center**, please let Corinne know! We'd love to have one here as well!*

Monday Movie Mania!



Monday, September 24th, 12:30 pm – Join us for a movie with Monday Movie Mania! We show some of the old classics you know and love - and a few recent flicks too! Come for lunch, stay for a movie! Or just come for the show! Bring your own snacks if you'd like, but we will have a treat! Corinne is also taking requests of what to watch. If you would like to share some of your favorite movies with her, she'll put them on our list to choose from. This month we will watch "The Greatest Showman". See you there!



Birthday Celebrations

On the 4th Friday of every month, we have a small birthday celebration for all those who had a birthday during the month! Join us for lunch on **Friday, September 28** to enjoy a sweet treat, and sing happy birthday together! *Be sure to call ahead to reserve your lunch.*

ANNOUNCEMENTS

Suggestion Box

We have a Suggestion/Comment Box in the Senior Center! Please give us your comments about how to improve our classes and/or the center as a whole! You can find this box on the Tai Chi sign-in table. We appreciate your help in making our Center even better!



Blood Pressure Clinic Dates

Most Fridays from 11:00 a.m. – noon. Check the calendar or call the Senior Center for more details.

Thanks to A Plus Home Health & Hospice, Creekside Home Health & Hospice, Pointe Meadows and Hospice & Palliative Care for Utah for making our Blood Pressure Clinics possible this month!



Senior Center Closure Dates

Monday, September 3rd – Labor Day



Tai Chi class Update!

As many of you know, we have had some issues and scheduling difficulties with the Tai Chi Classes. We hope this month will be better and work for our teachers and patrons.

We will have video instruction on Mondays and Wednesdays at 10:30 am. We will rotate videos as needed.

We will have live instructors on Tuesdays and Thursdays at 12:30 pm – with the exception of the 2nd Tuesday of each month. We will show a video or do meditation or something else.

Thank you so much for your support and patience as we figure out this schedule. You can also call us if you ever have a question. And if you are willing to teach the 2nd Tuesday- let me know!

WEEKLY CLASSES

**Classes with a red asterisk require call-ahead registration*

Crochet Club	Tuesdays 10:15 a.m.
Tai Chi Class	Mondays & Wednesday 10:30 a.m. (videos) Tuesdays & Thursdays 12:30 p.m. (Instructors) 2 nd Tuesday of each month will be video instruction at 12:30 p.m.
Watercolor Class*	Thursdays 9:30 a.m. – noon (September 20-October 11)
BINGO	Tues & Fri 11:30 a.m.
Humanitarian Quilt-Tying Club	Thursdays 11:00 a.m.
Line Dancing	Fridays 10:00 a.m.
Blood Pressure Clinics	Fridays 11:00 a.m. – noon
Family History 1-on-1 help*	By Appointment
Computer 1-on-1 help*	By Appointment
Lunch*	Monday – Friday served at Noon Call by noon the day before to make a reservation
Free Indoor Track	Monday – Friday 10am-2pm, @ the Legacy Center
Billiards Room	Available during open hours
Living With Hearing Loss *	Wednesdays 10-11:30 a.m. (September 5-October 12)

COMING IN OCTOBER

Health Screenings Tuesday, October 2nd, 9am-12:00 pm The Nursing Students from UVU will be here to provide free health screenings with blood pressure, oxygen levels and blood sugar. More details to come.

EVENT: Annual Flu Clinic Tuesday, October 30th, 10am-12:30 pm The County will be here to give Seniors flu shots for the winter. More details to come!

TRIP: Tuacahn, St. George Overnight Trip

Registration and Payments for this trip were due in August. If interested, please ask a staff member if there is still room or to be put on the waiting list.

October 3-5, 2018 - Join the Lehi Senior Center on a trip to St. George Utah. The seniors will ride in a deluxe motor coach with rest stops AND scenic visits to Cove Fort, Cedar Breaks National Monument, Johnson's Farm Dinosaur Dig Site Museum and of course the Red Barn in Santaquin for ice cream, treats, gifts, produce and more. Once in St. George, seniors will have the opportunity to attend two Tuacahn Shows – we will all be seeing "Prince of Egypt", but then you can choose to attend a second show- "Rodgers and Hammerstein's Cinderella" for an additional fee! We will go on a back stage tour of the theater.

TUACAHN "ENCORE" OVERNIGHT TRIP

That's right! We're going back again to see another show, enjoy the Fall weather and have an enjoyable experience! Expect the unforgettable!

Tuacahn Theater is an intimate, outdoor theater that uses the gorgeous natural red rock as it's backdrop. Join us for "Broadway in the Canyons"!

WHO: Adults ages 60+
DATE: October 3-5, 2018
TIME: Leave from Lehi Senior Center @ 8:00 a.m. on Wednesday & return to Lehi around 6:00 p.m. on Friday
PRICE: See next page for prices and payment deadlines

INCLUDES:

- 2 Nights at Americas Best Value Hotel,
- Transportation (deluxe motor coach),
- One Tuacahn Show *Prince of Egypt*,
- Backstage Tour
- Bingo & Snacks,
- One Lunch & Lunch Gratuities,
- Free Hotel Breakfast,
- Heated Outdoor Hotel Pool,
- Johnson's Farm Dinosaur Site Tour,
- Cedar Breaks National Monument Scenic Tour

SEE FOLLOWING PAGES FOR SHOW DETAILS & ITINERARY



TRIP: Heber Valley "Western Music and Cowboy Poetry Gathering"

Registration and Payments for this trip are due October 1st. Register NOW to claim your spot!

October 25-26, 2018 - Join the Lehi Senior Center on a trip to beautiful Heber City. We will leave from Lehi Senior Center @ 12:30 p.m. on Thursday the 25th, and return to Lehi around 3:00 p.m. on Friday the 26th - depending on traffic.

For this little get-away, the seniors will enjoy 1 Night at Holiday Inn Express in Heber, Hot breakfast, Bus, Bingo treats, and snacks. We will visit the DUP Museum Heber, Utah Truffles, CAF Utah Wing Aviation Museum, and Tom's Cabin. And of course Western Music, Cowboy Poetry, Exhibits, vendors, booths, and good company!

Lehi Senior Center
Overnight Trip
Heber City's Western Music
& Cowboy Poetry Festival



Date: October 25-26, 2018
Time: Leave from Lehi Senior Center @ 12:30 p.m. on Thurs & return to Lehi around 3:00 p.m. on Fri
Price: See back for prices
Includes: Hotel, Hot breakfast, Bus, Bingo treats, and snacks, Visit DUP Museum Heber, Utah Truffles, CAF Utah Wing Aviation Museum, Tom's Cabin and of course Western Music, Cowboy Poetry, Exhibits, vendors, booths, and good company!

See back for pricing details & itinerary!

A \$50 deposit is due upon registration. Payment in full due October 1st. Trip is subject to cancellation if we don't receive sufficient RSVP's.

Please share this information with any friends that might be interested in joining us for activities. Have a wonderful month! ☺



MEMBER PRICING

1 person/room	\$125.00/pers
2 people/room	\$105.00/pers